

2016 Fall Adult Classes

The Town of Holden Recreation Department is pleased to announce that it is adding the following fitness classes to their fall schedule:

FlexTime: This class is dedicated to releasing tension, improving mobility, body balance, and increasing flexibility. Flexibility training is important for maintaining/improving muscle integrity, movement patterns as well as prevents injuries. All abilities are encouraged to attend. Mat and water bottle recommended.

Tuesdays at 7:30 p.m. (9/20 – 11/8), Thursdays at 7:00 p.m. (9/22 – 11/10), Fridays at 10:15 a.m. (9/16 – 11/4)

Butts & Guts: This class is a full body workout including strength, conditioning, endurance and flexibility training that pays special attention to working glutes and core. It starts with mat work, graduates to strength and conditioning and finishes with flexibility training. All fitness levels are welcome. Mat and water bottle recommended.

Tuesdays at 6:15 p.m. (9/20 – 11/8), Thursdays at 5:45 p.m. (9/22 – 11/10)

FitCamp: If you're looking for a workout that is guaranteed to challenge and change you, FitCamp is it! This class is designed to train your body in all facets of fitness and improve your overall wellness. This boot camp style class incorporates combinations of Pilates, circuit, HIIT, functional, balance, agility and finishes with flexibility training. Enroll to join the fun. Mat and water bottle recommended.

Mondays at 7:00 a.m. (9/12 – 11/7, no class on 10/10), Fridays at 7:00 a.m. (9/16 – 11/4)

Beginner FitCamp: All are invited to this class. This FitCamp offers modifications and progressions to accommodate all fitness levels. Mat and water bottle recommended.

Wednesdays at 10:30 a.m. (9/14 – 11/2)

The cost for one 8-week session is \$80.00 and all of these one hour classes will be held at the Recreation Studio located around the back of the building at 1420 Main St. Holden. For more information, or to register, log on to holden.rec.com or call the office at 508-829-0263. Pre-registration is required for all of these classes.

8/29/16